

Lyda Hill
Institute for
Human Resilience

The Arts & Resiliency Gathering

Oct 26-29



CELEBRATING RESILIENCE THROUGH THE ARTS
A WEEKEND OF DANCE, MUSIC, POETRY, & WORKSHOPS

ARTISTS

David Dorfman Dance
Dance Company (NYC)



Ashley Cornelius
Poet Laureate



Stephanie Winters
Cellist & Productivity Coach



Katie Down
Creative Arts Therapist



Robert Gray
Freelance Photographer



PARTNERS

National Endowment for the Arts*
Visual & Performing Arts - UCCS
Green Box Arts
Inside Out Youth
The Independence Center
Cultural Office of the Pikes Peak Region
Colorado College Creativity & Innovation Office

* This project is supported in part by the National Endowment for the Arts.

ARTIST WORKSHOPS

Poetry & Resilience

Music & Movement

Photography & Storytelling

Dance & Choreography

Immersive Sound

Relaxation & Wellness

Listening & Mindfulness

**LEARN
MORE**



resilience.uccs.edu/arts-gathering



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University of Colorado
Colorado Springs